said local computer having a memory capable of storing force scripts which control forces exerted by said actuaor;

a remote [system including at least one remote] computer system; and

a communication linkage including a [telephone line] a wide area network connection that at least part-time couples said local force application system to said remote computer system for data communication between said local force application system and said remote computer system, [such that said remote system may receive local system data from said local system concerning said use of said exercise apparatus, and such that said local system may receive remote system data from said remote system concerning said operation of said exercise apparatus] wherein said local computer receives force scripts from said remote computer system via said communication linkage.

2.   An exercise system as recited in claim 1 wherein said local force application system is one of a plurality of local force application systems, each of which is in at least part-time communication with said remote computer system.

3.   An exercise system as recited in claim 2 further comprising a server computer system [including at least one server computer] in at least part-time communication via a wide area network with said remote computer system.

4.   An exercise system as recited in claim 3 wherein said remote computer system is one of a plurality of remote computer systems, [and] each of which is in at least part-time communication with said server computer system.

Please cancel claims 5-8 without prejudice.

9.   A local system as recited in claim [5] wherein said script [may include a] includes a plurality of resistance [setting] settings for said [exercise apparatus] actuator.

10.   A local system comprising:

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at least one exercise apparatus; [and]

at least one associated local computer monitoring a use of said exercise apparatus and, in response thereto, controlling an operation of said exercise apparatus based upon a modifiable script stored in a read/write memory of said local computer[.], said script being received over a wide area network interface.

11. A local system as recited in claim 10 wherein said local computer is located internally to said exercise apparatus[, and wherein said script is modifiable externally to said exercise apparatus].

12. A local system as recited in claim 11 wherein said local computer can communicate with a remote system over said wide area network to provide said remote system with local system data concerning said use of said exercise apparatus, and to receive remote system data including at least a portion of a modified script to be stored in said read/write memory.

13. A local system as recited in claim 12 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

14. A local system as recited in claim 12 wherein said script includes a resistance setting for said exercise apparatus.

15. A method for controlling an exercise apparatus comprising:

running a modifiable script on a local computer to control the use and to monitor the operation of an exercise apparatus, said script being stored in read/write memory of said local computer, where the use of said exercise apparatus may be affected by said script and by said monitoring of said operation of said exercise device; and

communicating with a remote system via a wide area network to provide said remote system with data concerning said use of said exercise apparatus, and to receive from said remote system data including at least a portion of a modified script to be stored in said read/write memory of said local computer.

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16. A method for controlling an exercise apparatus as recited in claim 15 wherein said communicating comprises establishing a communication linkage including [a telephone line] an Internet link between said local computer and said remote system.

17. A method for controlling an exercise apparatus as recited in claim 16 further comprising:

communicating between said remote system and a server system, such that remote system data derived, at least in part, from said local computer can be communicated to said server system, and such that server data can be communicated to said remote system.

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